An Innovative Wellness Onboarding Program for Health Sciences Students:

Wellness Goals to Improve Healthy Lifestyle Behaviors

Caitlin Slevin, MHA, BS, CCRP
Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FAANP, FAAN
Jacqueline Hoying, MS, RN, NEA-BC
Colleen McGovern, BSN, RN
Alice M Teall, MS, FNP, PNP
Lorraine Sinnott, PhD
Conflicts of Interest

• Caitlin Slevin reports no financial interest or COI
• Bernadette Melnyk has a company, COPE2THRIVE, which disseminates the COPE program
• Jacqueline Hoying reports no financial interest or potential conflicts of interest
• Colleen McGovern reports no financial interest or COI
• Alice M Teall reports no financial interest or COI
• Loraine Sinnott reports no financial interest or COI
Objectives

1) Describe an overview of the First Year Graduate Health Science Student Project

2) Describe the primary and secondary wellness plan goals designated by first year health sciences graduate students
Background for Wellness Plans

• Paucity of research on health science students health and wellness goals

• Highly stressed population charged with improving the health of others, but little is being done to provide them with tools to improve and/or sustain their health
Personal Wellness Plans

• First Year Health Science Students completed a Personal Wellness Plan (PWP) at the beginning of the semesters (baseline)

• Asked to develop two S.M.A.R.T goals (Specific, Measurable, Achievable, Realistic, and include a Time component)
Personal Wellness Plan Findings

• N= 55, 44 created 2 goals

• 44% of primary goals and 43% of secondary goals were related to physical activity

• “I want to wake up a little earlier in the morning to run for 20 minutes each day”

• “Maintaining at least 2 strenuous workouts a week and less strenuous workouts 3 of the remaining days (pushups and stretching before bed)”
Personal Wellness Plan Findings

• 34% of primary and 20% of secondary goals were nutrition related.

• “Eat two servings of fruits/vegetables a day”

• “Buy more food from the grocery store and eat at home more”

• “Decrease soda and sugary beverage consumption to no more than 20 fl. oz. per day”
Personal Wellness Plan Findings

• 9% of primary or secondary goals were related to stress reduction.

• “I will give myself at least 1 hour per day away from work and school. I will use that time to read or watch a TV show and zone out”

• “I want to meditate for 20 minutes every day”

• “Write in a daily journal”
Implications for Future Research

• Graduate Health Science Students have wellness goals, many of which reflect that of our general population

• Tools and evidence-based interventions should be available to aid these students in reaching their wellness goals

• Additional research will need to determine if future providers’ current health influences their care with patients
Contact

Slevin.8@osu.edu

Copyright, 2015